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# HOW TO BE BEAUTIFUL

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A Book for Every One

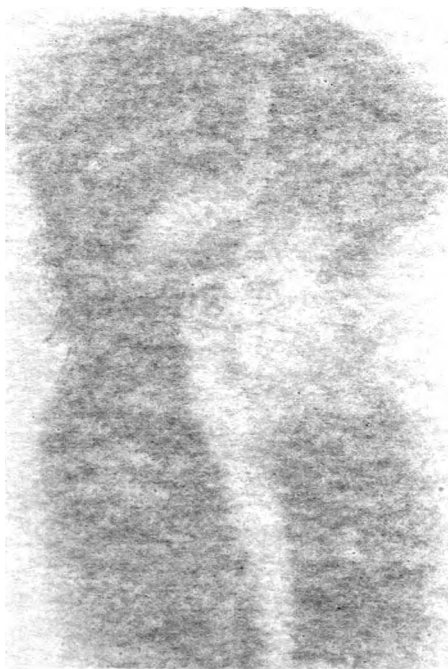
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CHICAGO

T. HOWARD, PUBLISHER

McCluer's Theatre Bldg.

1889



# HOW TO BE BEAUTIFUL

NATURE UNMASKED

**A Book for Every Woman**

BY

*TERESA H. DEAN*



CHICAGO  
T. HOWARD, PUBLISHER  
McVicker's Theatre Building  
1889

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## PREFACE.

I AM told I must write a preface; that an apology or an excuse should be made to the public in general for presuming upon their good nature. An apology would be a conceit. My only excuse is a desire to awaken in the heart of every girl or woman an interest in her own individuality and possibilities, believing it a duty she owes herself and those by whom she is surrounded that she make physical beauty and individual dress a study in every detail. My sincerest apology will be a regret that I have not given more space to the subject, as its field is unlimited, and these few pages only a beginning of what might be said.



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## SYNOPSIS OF CONTENTS.

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How to have a Beautiful Complexion.

How to Remove and Prevent Wrinkles.

How to Grow Thin.

How to Grow Fleshy.

How to Preserve and Strengthen the Eyesight.

How to Improve the Hands.

How to Have a Beautiful Form.

How to Develop the Bust.

How to Wear Corsets, and why They are not Injurious.

How to Have a Beautiful Foot.

How to be "Sensible."

How to be Agreeable and "Fascinating."

How to be Distingu   and Self-Possessed.

How to Prepare Cold Creams, Toilet Waters and Hair Washes.

# HOW TO BE BEAUTIFUL.

## NATURE UNMASKED.

### CHAPTER I.

#### BEAUTY.

WHAT is beauty? Successful beauty is individuality. Will I be forgiven if I betray some of the secrets of studio life? "The end will justify the means" if I give to the public impressions, opinions, suggestions and information, which, in my contact with all classes of my own sex, I have gathered from time to time. Ladies from the "upper ten" and models from the "lower five" have each contributed their share in my conclusions of what beauty really is.

An artist goes through life looking for the beautiful in this every-

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day world of ours. Where others see a common bit of clay, a dreary sandy shore, a beggar girl in tatters, he discovers material for a picture that has only to be given color, atmosphere and thought to show that beauty exists everywhere. If with this common-place foundation the artist is enabled to produce a picture that gives pleasure to the observer, why not go further and impress upon our maids and matrons the power they have within their grasp to make themselves beautiful? An artist to insure success must paint from practical scenes and living models; but the tatters of the beggar girl are arranged to display the beauty of the wearer, the poise of the head shows the contour of the beautiful throat. As the artist brings to view the

hidden beauty of the beggar, so *any* woman can make herself beautiful, for it is a truth that every woman has beauty in some form, whether consciously or unconsciously.

A beautiful hand, a beautiful foot, lovely hair, a fine pair of eyes, regular teeth—any one of these gives a woman a claim to beauty. And how many times they catch the wandering heart of some man, making the possessor, to him, a beautiful woman.

Nature has not endowed the majority of women with regular features, nor is it necessary to gauge beauty by them. Sparkling eyes, a lovely complexion, a fine figure, agreeable manners, are much more noticeable, and within the reach of all women, if they will give themselves the same studied care and

attention that the artist gives his models to insure the success of the picture.

I became particularly interested in the subject in the early part of my studio life, when my ambitions were far greater than my executive ability, and I was endeavoring to find what sympathy there might exist between art and money for actual necessities. A beautiful woman came to me for a portrait. I say beautiful, and yet it was hard to tell wherein her beauty lay. Her features were not regular, but there was an exquisiteness, a magnetism, a charm about her that was indescribable and certainly irresistible. She seemed to fill the studio with sunlight, where the shadows had been so dense.

She gave me her name, and I

recognized it as that of a prominent society lady, noted for her beauty, not only in this country but abroad as well. A close friendship sprang up between us, and through her I learned that a woman of ordinary looks can be transformed into a reigning beauty.

It is not necessary to go into the details of her early marriage to a young law student; her one ambition to make home beautiful for the husband; of the transition from a quiet life as the wife of a country lawyer to the brilliant life of a senator's wife in a gay capital; of the heartaches caused by the seeming preference shown by the loved husband for beautiful women by whom they were surrounded; women without the intellect, perhaps, that she possessed,

but women who understood their own charms and knew how to make the most of them. She discovered that simply to have striven to make home beautiful, and to have lived only for the comfort of her husband, was not enough to retain the love she saw slipping away from her. She needed physical beauty and attractiveness as well. She commenced to study herself. "As in a looking glass" she saw herself plain and commonplace. In her aim to make home beautiful and attractive she had forgotten to study the thousand and one little details that make women, the plainest of them, charming. She had never been particular that the color of her dress brought out the brightest hues of her hair, that her foot was

encased in the daintiest of shoes and slippers; that the length of her sleeve showed to a nicety the curve of her wrist and forearm; that her waist line was not marred by needless bands and gathers; that her hair was arranged to soften her face and show the shape of the head to the best advantage. She had never realized, until now, that in living for her husband alone, and reserving her smiles for him, there might come a time when he would lessen her value, and be flattered by the pleasant little attentions and agreeable manners of the women who know so well how to make each word a subtle flattery and the hearer consider himself the favored one. All these things were foreign to their quiet country home, and yet now seemed

to play so important a part in their social, political and home life. She resolved, if such a thing could be accomplished, she would make herself the greatest power, not only in the heart of her husband, but in their social life as well. Her complexion was dull, the skin torpid from lack of exercise, fresh air and systematic bathing. Under the advice of a well-known physician she practically demonstrated the relationship between these habits and perfect health. She studied physical culture. A noted artist gave her hints as to harmony in color. To be agreeable and to be "fascinating" she soon discovered meant quite as much to be a good listener as a good talker. In six months time there was no one more surprised than herself at the

transformation. She was not only a social power, but the embodiment of health and beauty. To her I am indebted for many of the suggestions and formulas to be found in the following pages. If I dared mention her name the value of each of them would be enhanced ten fold.

Having been fortunate in my advice and suggestions to a few personal friends, at their earnest request I have taken the information I have carefully collected on the subject of beauty in general, and endeavored to show my readers in the simplest manner how to retain the freshness of youth, or how to bring back the roses that have been left to wither and fade. A profound treatise on the human system is left to older

and wiser writers. "A woman is no older than she looks," according to a French proverb. It rests with herself whether she will grow old or not. Youth's freshness can be retained to a good old age. If in the rush and whirl of our American life and severe changes of climate wrinkles have stolen in, with attention and perseverance they can be made to disappear. The foundation of all beauty is cleanliness, consequently the question of bathing the first to be considered.

## CHAPTER II.

### BATHING.

IT may be as well to call attention to the functions of the skin in order to impress upon my readers the importance of bathing and bathing *often*, regardless of the advice of some physicians to the contrary; contrary, also, to the practice of our grandmothers (bless their dear hearts), who were taught to consider this duty to themselves religiously done if a hot water bath were taken Saturday night, and "suggested" baths during the week.

While I take Dr. Cutter as authority for a good many of my statements, everyone knows there are two layers of membrane, the cuticle or scarf-skin, and the cutis-

vera or true skin. The cuticle or epidermis has no perceptible nerves or blood vessels. The true skin contains arteries, veins and nerves, oil glands, perspiratory glands and tubes without number. No part of the true skin can be punctured by ever so fine a needle without transfixing a nerve and producing pain. The numerous oil glands connect with the surface of the skin by small tubes, the apertures of which are commonly spoken of as pores. They are most abundant on the face, nose and head. In persons having a torpid skin the contents of the oil tubes become too solid and dry to escape in the usual manner—it collects and distends the tube until forcibly removed; the dirt mingling with it produces that horror to all ladies “black-

heads." To arrive at something of an estimate of the value of the perspiratory system, counting the pores on the palm of the hand, there were found to be 2,528 in a square inch. Now each of these pores being the aperture of a little tube about  $\frac{1}{4}$  inch long, in a square inch there exists a length of tube equal to 882 inches or  $73\frac{1}{2}$  feet. Dr. Wilson says 2,800 might be taken as a fair estimate of the number of pores to the square inch of skin. The number of square inches on a person of ordinary size is about 2,500. The number of pores then would be 7,000,000 and the number of inches of perspiratory tube 1,950,000, or 28 miles! Now what if this drainage be obstructed? It is easy to understand that health and beauty depend largely upon

the skin performing its functions systematically, when we consider the system digests daily about 7 pounds of food and drink, from one to two pounds of which is thrown off through the skin alone. A result obtained *perfectly* by frequent bathing only.

Some physicians maintain that weak constitutions can not stand frequent bathing. I firmly believe bathing to be as much of a tonic to the weak as to the strong. It must be done judiciously, however. On waking in the morning the skin is in a very moist condition and covered with poisonous matter thrown off during sleep. Is it better for the weak person to allow the skin to reabsorb that poison? A quick sponge bath from head to foot with *cold water* and a violent rubbing

with flesh brush or coarse towel need not take more than five minutes, and the weakest person is benefited by the exercise. The blood is sent tingling through the veins, and there is no danger of taking cold through the day, no matter what the changes of weather may be.

A hot bath should be taken at night before retiring. It is quite as necessary to relieve the skin of the dust and dirt accumulated through the day. The same quick bath, using pure soap (see to it the water is *hot*, not warm), removes all foreign matter and rests the tired nerves, making sleep the sweeter afterward. These quick baths, with the exercise of rubbing one's self vigorously with coarse towels, bringing every muscle into play, can not but be invigorating.

to the constitution, and when taken daily and systematically will save many a doctor's bill. It is all the tonic an inactive liver needs.

In addition to this, once a week a Turkish bath. Oh, the luxury of these Turkish baths. There are physicians who spend a great deal of energy in their arguments against them. Undoubtedly they have their own reasons for so doing. Dr. Wilson, a noted dermatologist of England, has written a book containing 5,000 pages on the subject, and gives scientific reasoning why Turkish baths must necessarily be the enemy to the physician whose income depends entirely upon the prevalence of disease. If, as he says, Turkish baths not only cure but prevent disease, what would our physicians do for "bread

to eat " in a community where the benefit was generally understood. A great many ladies say they can not take these baths. If the prescribed method is too severe at first, there are ways of modifying it. It is not necessary to stay in the heated rooms until exhausted. The luxury of the rubbing, scrubbing, showering, plunge, rest and sleep afterward can be remembered only with pleasure. Many ladies, particularly those living in small towns, have not the conveniences for Turkish bathing. A great deal can be accomplished in one's own home, even if one has not the luxury of a modern bath-room. Use anything that will hold water. Have the water *hot*, not warm, and keep it hot by adding to it. Soften it with a little ammonia or borax,

using a good soap, remain in long enough to soak off the old layer of skin. Sponge off in clear water, made delightfully fragrant and sweet by the addition of some toilet water, that can be purchased at a trifling expense, or better still can be manufactured at home. Rub the skin thoroughly dry with coarse towels, slip on clean underclothing, a comfortable dressing gown, lie down on a couch, rest and take comfort. A bath of this kind should be taken rather early in the evening, giving one plenty of time for "beauty sleep." There is nothing gives a sparkle to the eye, roundness and roses to the cheeks like sleep gotten before midnight and after a hot bath.

I will give a few recipes for toilet water. Any of them added to the

bath makes the skin soft and velvety :

1 lb. of Barley Meal.

2 lbs. of Bran.

1 oz. of Borax.

Dissolve in two quarts of water. Strain into an ordinary bath of about thirty gallons. Another good way is to put the barley, bran and borax into a cheese-cloth bag and allow it to remain in the bath water until dissolved.

An equally delightful tonic for the skin is as follows :

1 oz. Tincture of Camphor.

$\frac{1}{2}$  oz. Tincture of Benzoine.

2 oz. Cologne Water.

Drop slowly into the bathing water. This makes a refreshing wash for the face, neck and hands by adding a little to a smaller quantity of water.

The following is a very good

substitute for a milk bath, easier to obtain and at a much less expense :

$\frac{1}{2}$  lb. Marshmallow Flour.

$\frac{1}{4}$  lb. Hyssop Erb.

4 lbs. Bran Flour.

Put into a cheese-cloth bag, and add to an ordinary bath of thirty gallons.

Ladies with an oily skin may bathe the face with this lotion.

$\frac{1}{2}$  oz. Borax.

1 oz. chemically pure Glycerine.

1 qt. Camphor Water.

It is very healing, whitening and beneficial.

The following is excellent in cases of fever, as well as a good remedy for an oily skin :

6 oz. Carbonate of Soda.

1 oz. Borax.

Dissolve in one quart of hot water and add to the bath.

A most excellent remedy for

keeping the hands or face smooth as satin is, after washing and rinsing off the soap with clear water, and *just before* drying, to take a few drops of lotion made from the following formula, into the palm of the hands and rub over face, neck, hands and arms :

3 oz. Rose Water.

1 oz. Glycerine (a little less).

10 drops of Carbolic Acid.

I will venture to say that any one using this will never have a rough skin under any circumstances. Not so very long ago an enterprising individual for the benefit of beauty, as well as a well-filled pocketbook, advertised this lotion, extensively, under a fancy name, as a great "toilet secret," and sold it at a "fancy" price. For the benefits really received

ladies were willing to pay the price, which I think was one dollar for a four-ounce bottle. Any druggist will put it up for 25 cents, or 20 cents if you furnish the bottle.

Right here I may as well say something about glycerine. Whether "chemically pure" or otherwise, it is bad for the skin unless very much diluted. A well-known physician once told me that by the continued use of glycerine a lady's face would become like a piece of parchment. It has a tendency to dry, burn and darken the skin, but when very much diluted with rosewater or distilled water, the effect is counteracted, and it becomes an excellent emollient.

#### PINE BATH.

This is a bath much prized by a beautiful Russian lady. When one

has taken cold, or feels very much fatigued, fill a pint cup with pine needles (to be had at any drug store, if you do not live in a pine country), add enough boiling water to make about 2 quarts of tea. After drinking a wine-glassful pour the rest into a hot bath. After bathing go to bed, you will awaken thoroughly refreshed, and with no trace of cold.

One might write for days on this subject of bathing and then leave something unsaid. I wish I could impress upon my readers the importance of it, in its relation to beauty. Of course there are hundreds of opinions, in regard to it, expressed by as many different people. Regardless of physicians, and the preconceived ideas of those discussing the subject, the actual

experience of persons who have "tried and found it true" is worth much more than all the prescribed rules laid down.

Mrs. Langtry, to whose complexion all concede the palm, takes a cold plunge every morning. After a thorough rubbing wraps herself in blankets, rests twenty minutes, drinking her coffee or chocolate meanwhile. Our own Mrs. Frank Leslie, one of the most beautiful and one of the most physically perfect women in the world takes a cold dip in the morning, that with regular exercise, eating and sleeping gives her the appearance, upon the closest inspection, of a woman on the sunny side of thirty-five. While as a matter of fact her age must run into the shadows by several years.

## CHAPTER III.

### EXERCISE.

EXERCISE in the open air is as important a factor in producing a clear complexion as is bathing. The natural instincts of children lead them into the open air for all their amusements. They romp, skate, "slide down hill," skip the rope, ride horseback, row their boats, do anything that keeps them out of doors, consequently have complexions as perfect—"as a child's." At about the age of fifteen a girl commences to be interested in other pursuits. Her dignity will not allow her to be interested in the old pastimes—no matter how much the heart may wish for them. As the years pass on

“out-door sports” are indulged in only as fashion dictates. To take a long walk is thought of only in connection with a walking club. Skating—well she skates when “our set” skates, and “our set” skate about one year in four. She rides horseback occasionally if it chances to be popular ; not early in the morning when the air is fresh and balmy, and each breath is new life, but in the afternoon when well regulated people are expected to ride. These fashionable exercises, which are better than none at all, are given up at twenty, if she marries. In a few years she finds her complexion muddy, her eyes dull, her steps dragging. She either accepts these changes as inevitable in “growing old” or, if she is a sensible woman, she recognizes the

fact that her neglect of physical exercise and out-door life is gradually withering her vitality, and that in a few years she will become a physical wreck, beyond the power of recuperating; at the age, too, when a woman is just beginning to know how to live. I have in my mind a beautiful woman, who told me that when she was a young girl she had thought to be ready to die at forty-five, but when that age came she was just beginning to know how to live.

One of the secrets of being "always young" is to keep the heart young, to keep up one's interest in the amusements that seemed a part of life when we were not surrounded by the conventionalities that are forced upon us with maturer years. Since the

advent of "professional beauties" more attention has been paid to preserving and cultivating beauty. Cycling, walking, lawn tennis, horseback riding, gymnastics, "physical culture," may all come under the head of "fashionable fads," but the motive power is self-improvement, and blessed be the "fad" that develops common sense.

Keeping the blood in circulation keeps the heart and face young. There is nothing so fatal to youthful appearance as a woman settling down to the conviction that she is growing old. "Too old" to dance, "too old" for this, "too old" for that. Let other women make these remarks, as they are sure to, when they see how thoroughly you enjoy life. It is only a question of time when they will follow in your

footsteps and begin life again themselves. Unfortunately outside of the larger cities one can not have the advantages of gymnasiums, schools for physical culture, etc. Using dumb bells and Indian clubs takes their place very well. Just before bathing morning and night use the dumb bells from five to fifteen minutes—not heavy ones. It is well to commence with wooden ones not weighing over three pounds, gradually increasing the weight. There are pamphlets in the market giving directions as to the use of them, different positions, motions, etc. Dumb bells are accessible to everybody, and the daily use of them keeps the flesh firm and muscles strong, the waist from growing thick and dumpy, develops the bust, brings out the graceful

curves of the body and gives elasticity to every motion. I advise using the bells before bathing on account of the moisture produced by the exercise being sponged off by the bath. If used afterward the body must have a dry rub.

## CHAPTER IV.

### CYCLING.

THERE is really "something new under the sun." While on the subject of exercise and "fads," I may as well devote a little space to the latest 'fad,' viz.: bicycling for ladies. Not so very long ago a staunch, sedate member of church and society, having no desire to step out of the groove that controls the mechanism of her life, and having little respect or sympathy for those that enjoy life in their own way, said to me: "What will you do next? It would not surprise me to hear you were *president* of a bicycle club." I never could decide whether it was said in

admiration or intended for a "crusher." In the meantime progress and the nineteenth century have pressed onward, and recently, owing to press of other duties, I have had the honor to decline an *active member* of a ladies' bicycle club. A few years ago it was an unusual occurrence to see ladies using the tricycle. Now our avenues are lined with ladies on the "two-wheeler." How gracefully they glide along, noiseless, untiring, at the rate of twelve or fifteen miles an hour, and how sensible they look. Apparently the bicycle used by ladies does not differ from those of the same patent used by gentlemen, but by a little trick of the inventor the connecting rod of the two wheels is so arranged

that any ordinary full skirt or riding habit is perfectly convenient, and the appearance of the rider graceful and modest. To quote the words of Ralph Temple, an enthusiast on the benefits of the wheel, and also champion rider of the world: "Cycling is more than sport, it combines health, business and pleasure. As a recreation it is a gymnasium in itself. It not only develops the lower limbs but extends its influence to the head, chest, lungs and stomach. It drives away headache permanently by forcing the blood from the head to the feet; it decreases the loose flesh of the heavy person, and increases the weight of thin people."

It looks as if this 'fad' had come to stay, for the popularity of cycling for ladies is rapidly and

steadily increasing. The exquisite complexions produced by the outdoor exercise are proofs of its benefits physically, and it only requires a little nerve, moral courage, and a *bicycle* to make it an established conveyance for ladies as well as gentlemen.

## CHAPTER V.

### WRINKLES.

“THE years, like birds, have stooped to drink the brightness of her eyes, and left their footprints on the margin.”

Longfellow has immortalized crow's feet by those comforting words, and makes one almost reconciled to “growing old gracefully.” Some one has said “age is resistless and wrinkles as certain as death.”

Age may be resistless when numbered by years, but wrinkles are not always indicative of age. They indicate a starved skin, the tissues emptied of their fatty substances, a condition arising from different causes. Sleeping in badly

ventilated rooms; living in rooms heated by steam, the dry cutting winds of our climate, using impure soaps or hard water, an unhappy frame of mind, tears that "beautify the heart—not the face of a woman." All these have a tendency to cause the unwelcome little lines to put in an appearance. After the first line, the second one comes rushing in because of the worrying caused by the discovery of the first one. The great secret of causing them to disappear is keeping cheerful and happy.

Don't allow the little things of life to annoy you. They are not worth a wrinkle. At an age when wrinkles come easily they are helped along so forcibly by your being irritable. Cultivate a happy expression. It takes off ten years.

of age as compared with a dissatisfied, unhappy, expression.

In this climate, with our severe winds, sudden changes of weather, and keen dry atmosphere, emollients are positively necessary. It is said Mrs. Langtry was heart-broken at the ravages our severe climate made upon her exquisite skin and complexion, and after hunting in vain for something to stay the progress of the fine lines she saw making their appearance, she accidentally heard of a remedy used by the Persian women to ward off wrinkles, viz.: to cover the face with thin slices of raw veal. She immediately sent for the veal and was "not at home" for the following two hours. Since then she has been using it twice a week and finds it a very successful

nourishment and tonic for the starved tissues.

Another remedy said to have been in use 3,000 years ago, but recently added to the pharmacopœia by a Boston expert is "wool-fat." It is a yellow, greasy substance derived from the wool of sheep by steeping the clippings in hot alcohol. When applied to the skin by rubbing, it passes directly through, and feed the tissues that have been emptied of their fatty substance. The writer of a Boston letter in speaking of it says, "An antiquated relative of mine has nearly removed from her temples the unwelcome footprints of a thousand figurative crows by six weeks' use of this marvelous unguent," and adds "it is chemically identical with an element found in the

human bile and in certain vegetables such as peas and beans." It can be purchased at any drug store and is very cheap, *as yet*. As its value becomes known as a wrinkle remover, druggists may desire to reap a harvest, and the purchaser may find a "cornered" price put upon it. A surer way of getting the pure article is to get the wool and steep it yourself.

A cold cream made from the following recipe is excellent for the skin, will soften, whiten and cure severe cases of pimples :

- 1 oz. White Wax.
- 1 oz. Spermaceti.
- 1 oz. Almond Oil.
- 1 oz. Olive Oil.
- 1 oz. Benzoated Lard.

Melted together, and then beaten for one hour, or until perfectly cold

and creamy. In using it, wash the face thoroughly clean with hot water and pure soap; dry with coarse towel, gently, and while the face is still warm, apply the cream by taking a little on the hands and rubbing over face and neck for fifteen or twenty minutes, until the skin absorbs the cream partially if not entirely. In rubbing the face always rub toward the scalp, never down or wrinkles will be added instead of removed. Massage treatment for the face is an excellent remedy for keeping the flesh firm, fresh and young. The rubbing keeps the blood in circulation, and the tissues from becoming dry and inactive. It is wonderful the effect rubbing has upon wrinkles. A face quite badly seamed can be rubbed fairly smooth in twenty minutes by

using some good cream. If years of neglect have caused the wrinkles to become deep-seated and the effect is not perceptible immediately, time and persistence will surely conquer. A mask covering face and neck is considered by many to be excellent in softening the skin, but I can not conscientiously recommend it, as it excludes the air from the face. It causes perspiration—which of course is whitening. That effect can be produced without the aid of a mask by adding a quarter of an oz. of camphor gum to the recipe for cold cream just given. Dissolve the camphor in oil before adding the other ingredients, otherwise the gum will precipitate.

In using a mask, a fine paste is made from the following :

The white of one egg.

One tablespoonful of honey.

Ground Barley, enough to make paste.

If the flesh of the face or neck is flabby add one-half ounce of alum. It is efficacious in giving firmness.

A remarkable wash for bringing the blood to the face and keeping up the activity of the tissues is :

1 Tablespoonful of Tincture of Benzoine.

3 oz. of Rose Water.

It is death to wrinkles, and better than most remedies for removing tan and sunburn, if applied immediately upon coming indoors, or before any water touches the face. By always bathing the face with it after being in the open air

there will be no freckles, tan or sunburn to get rid of or to worry one. "An ounce of prevention is better than a pound of cure."

Too much water is bad for the skin and complexion. It really ought not be used at all unless distilled or purified in some manner.

We are told from our cradles up if we would have lovely complexions to wash our faces in dew. In addition to the early morning air, giving new life, the dew is fresh from heaven's own distillery, and nothing can be better. It is said Patti never uses water on her face. Before retiring, or in dressing, her face is generously annointed with cold cream, and allowed to remain on as long as practicable, and then rubbed off thoroughly with soft flannel. In this way she has defied

"Time's cruel fingers," and at forty-two looks not much over twenty-five.

When wrinkles are caused by the skin becoming loose or stretched by facial movements, some astringent is very good in removing them. Dr. Wooten gives the following in his book on "Toilet Medicine :"

1 drachm Alum.

1 ounce Glycerine.

1 pint Water.

or

2 drachms Glycerine.

1 drachm Tannin.

1 drachm Rectified Spirit.

4 ounces Water.

Either of which should be used three times daily, until result is satisfactory.

Almond meal will rub off the blackest dirt, and its effect upon the skin is fine. It is gritty

enough to remove the dust and just oily enough to be of benefit to the skin when used *dry*. I have seen several articles, recently, recommending its use when the skin is moist.

Being somewhat viscid when moist, it forms a paste, and is liable to fill up the pores and cause sallowness.

A very good powder is made from almond meal and precipitated English chalk in equal parts, using any perfume desirable.

## CHAPTER VI.

### EYES.

THE eyes are the index to the character of the possessor. There are merry twinkling eyes, laughing, frank eyes; sad eyes, that betray the secret of a life that has not had all of the shadows kissed by the sunshine; sincere eyes, that tell of such purity of soul that the glance of the deceiver is turned aside or cast down in confusion; black eyes, brown eyes, gray eyes and blue. They are indeed the "windows of the soul." There are very few eyes that do not betray the secrets of the heart and the ills of the body, and because of this constant strain upon the nerves of the eyes they should receive more care and atten-

tion than any other part of the body, and probably they receive the least, until the nerves are too worn out to regain their strength, and glasses are resorted to as a necessity. By proper treatment the eyesight might have been preserved a long way into the "sere and yellow leaf" of age.

The eyes need a tonic at times the same as other parts of the human frame. An excellent one is to bathe the eyelids, over the ball of the eye, with brandy and water, or pure whisky diluted with water, being careful not to press upon the eye. Never *rub the eyes*, it flattens the eye-ball, and will cause dimness of sight. A delightful bath for the eyes is to dip the face into cold water upon rising in the morning, with the eyes *wide open*. It is

slightly disagreeable at first, but by the third trial the sensation is refreshing, and it is very strengthening, making the eyes clear and bright, and adding firmness to the surrounding skin, preventing "crow's feet," or causing them to disappear. It is claimed the South Sea Islanders preserve their eyesight by diving into the sea with eyes open. At any rate, glasses are an unheard of thing, and their sight is good in old age. Bathing the eyes in milk and water is very beneficial, particularly in cases of inflammation, giving almost instant relief. Sleeping apartments should be arranged so that light—sunlight or gaslight—can be excluded. It is injurious to the sight to sleep where any kind of a bright light can strike the face.

Even moonlight is said to "draw the face out of shape," as most of us have heard since childhood.

## CHAPTER VII.

### HANDS.

THE glycerine lotion given under the head of bathing is without doubt the simplest and easiest one for keeping the hands smooth and soft. If kept on the toilet stand and used as often as the hands are washed, no other emollient will be needed even in the severest weather. If the hands have become chapped and rough from neglect, wash them in hot water before retiring, apply cold cream generously and sleep in an old pair of kid gloves. One week of this treatment will make a great improvement in the texture of the skin whether it is chapped or not. The hands will become white, soft

and delicate looking—unless discoloration is caused by tight lacing or disordered liver. Everyone cannot have a beautiful hand but her hands can be made attractive by emollients and systematic manicuring. Every lady should possess a manicuring set, and if possible visit a professional once a week, or once a month at the longest. Beautifully kept nails alone make the homeliest hand attractive.

## CHAPTER VIII.

### BEAUTIFUL FORMS.

It is difficult to establish a criterion for a beautiful form. It is so much a matter of taste and opinion. The fleshy admire thin slender people, and their scrawny sisters have a weakness for flesh. Of course we have the Greek Slave and Venus di Milo as emblematic of beauty in the female form. If Powers had dressed his "slave" in a costume of the nineteenth century, or Venus herself had been discovered robed in the innumerable bands and gathers that surround the waist of most women of the present day, even their beauty would be left to the imagination. If women would study the lines of

their own figures, and dress to show the finest curves off to the best advantage, beautiful forms would not be such a conspicuous rarity. One very seldom sees a bad figure on the stage. It is not because the forms of actresses are so much better, or nearer perfection than are the forms of women off the stage, but because actresses *know how to dress*. It is a part of their profession, and a beautiful form commands a much higher salary than a beautiful face. There must be a happy medium between flesh and thinness. If fleshy, one must reduce the weight by exercise, bathing and diet. Drink very little water, and no stimulants, excepting claret, which is very good in making rich blood and reducing flesh. If thin, drink milk and

drink a great deal of it, and plenty of exercise and bathing will not reduce the weight as in the directions for reducing flesh, but gives solidity and firmness to the flesh acquired by the milk diet.

In the matter of dress, the latest craze in "dress reform" has one (I do not say it has *but* one) decidedly sensible feature, viz., the close fitting underwear and skirt of silk or some material to be laundered without starch. "Jersey" underwear comes in silk, lisle-thread and cotton at all prices, is within the reach of every one, and fits like the skin. Silk underwear may be more expensive in the purchase, but is decidedly the most economical in the end, as it will outwear several investments in any other material.

A woman, in order to be dressed

according to the natural curves of her body, should wear Jersey underwear, one skirt, a well fitting corset *over* the skirt, a dress made in the princess style, or some style where the perfectly curved seams of the bodice reach below the waist line, showing the symmetrical lines of the hips as well as of the waist. This style of dressing is becoming alike to slender and fleshy people, and modifications must be made in the style of drapery upon the skirt. Never mar the hip line if you would have the reputation of having a fine figure. And never deform yourself with a bustle. If a prevailing style demands a hump on the back, the drapery can be arranged so that the absence of a bustle is not noticeable, but be particular that the fullness com-

mences two or three inches below the waist line, so that the gracefully curved lines of the back are not destroyed.

Women do not as a general thing make a *study of themselves* in the matter of dress. Even the most exquisitely dressed of them are left to the mercy of a dressmaker, who stocks up in styles and ideas from two to four times a year. It is not expected that a dressmaker can devote much time to the individuality of each customer, consequently there is a great similarity in the make-up of women. Occasionally we meet a woman that people rave over. Her beautiful form and exquisite dressing are discussed wherever she goes, and in nine cases out of ten her form is no nearer perfection than are the

forms of her admirers. She has made dressing a study, and understands the art of forming graceful outlines.

Many women inclined to *embon-point* are annoyed by the enlargement of the abdomen. It is not at all necessary, and is the result of unconscious carelessness more than anything else. One of the first things taught in "physical culture" is the correct position of the body in walking, standing or sitting, and it is that the stomach should be drawn in, the shoulders, or body from the waist up, inclined slightly forward (which throws the lower part of the back out), and in breathing *above the belt*. The muscles of the lower stomach, or abdomen, are developed and enlarged by using them in breathing. A well-known

physician says the deformity is purely the result of careless habits in standing, walking or sitting in unnatural positions. Be that as it may, the unpleasant disfigurement can be remedied by strict attention to the foregoing suggestions.

## CHAPTER IX.

### CORSETS.

EVERY little while some writer, some "dress reformer," some one wishing to advance a theory of her own, opens up a tirade against corsets. They are generally represented by these "agitators" as a death-dealing instrument of torture. If these people have personally found them injurious, they have made them so. Presumably, if the inventor of the much-abused corset had for one moment thought it necessary to furnish brains in the shape of written directions as to the use of his popular invention he would gladly have done so, or have made the attempt to get a bill passed prohibiting women from committing

suicide by the aid of an invention intended only for comfort, grace and beauty. This unending war against corsets that has been raging for about two score years and ten is certainly as good an advertisement as the most enterprising manufacturers can wish for. It proves conclusively that the corset wins all of the battles. If, in the fight, it has even wiped off from the face of the earth a few brainless women it is difficult to understand why the corset should be held responsible. If a woman's vanity, poor taste or ignorance leads her to "draw the strings" until a serious injury is the result, she should by all means discard the corset, just as she would flee from any other temptation she has not the will power to resist. The evil,

however, should not be laid to the corset.

So much has been said and written upon the subject that, as we hear the word, a vision of a compressed waist floats through the mind, and yet one never heard a strong, healthy, well-developed woman acknowledge that she could get along without one. Some kind of a support is positively necessary. The most enthusiastic reformer always has a substitute, not differing materially excepting in name. I know a slender, thin woman that insists upon parading the fact that she never wears the "horrible things." Her underwaists are corded and whaleboned, her dress-waists are padded to fill out the hollows, and each seam whaleboned. In addition her waists are fitted so

snugly that it seems marvelous the buttons do not fly to the four corners of the earth. Yet, this woman considers because she does not wear a corset she is not injuring herself. There is nothing more comfortable than a well-fitting corset. In these times of rivalry among the different manufacturers there is no reason why any one should wear ill-fitting ones. There are innumerable kinds and shapes to select from. Long-waisted, short-waisted, high and low in the bust, short and long on the hip, adjustable to the fleshy lady and "improved" for the slender ones. A woman must study the different styles and decide for herself which is the one suited to her figure. If fitted, as they should be, no ill will result from wearing them, providing

the wearer has the common sense to understand there is no beauty in a compressed waist. To be graceful one must be comfortable. Comfort does not mean wearing clothes *loosely*, quite the contrary. There is decided discomfort in wearing clothing loose enough to hitch out of place. A snug fit is desirable, just tight enough to convince us our clothes were made for ourselves and belong to us individually. See to it that your corsets fit you perfectly, and more than half the battle is won in the fit of a dress. The French are particularly attentive to the matter of corsets. No first-class dress-maker will fit a dress over an ill-fitting corset. The highest priced ones are much more pliable in shaping to the figure, and in the

end more economical. Being made of better and firmer material they do not lose their shape, and out-wear one to three of the cheaper qualities.

## CHAPTER X.

### SHOES.

MEN condemn and criticize the very things in their own wives and sisters that they run after and admire in the sisters and wives of other men. One of their great "hobbies" is "common-sense" shoes. They advocate them and insist upon their wives and sisters wearing them, yet were they ever known to say a lady had a pretty foot that was seen in a common-sense shoe? Never! The nearest they get to it is: "What a lovely foot that woman has! if she would only take off that French heel and wear a common-sense shoe!" Poor things, they don't know that only the French shoe

can show the outlines of a pretty foot. Men are so peculiar. They *talk* of their admiration for sensible girls, condemn paint, powder, small waists and French heels, and at the same time their most serious attentions are given to girls devoted to all of the frivolities known to the fair sex. Just as long as men go on—— but I digress. My subject is shoes, not men. Wear the shoe that fits you, whether common sense or uncommon sense, as probably a French shoe will never be called sensible, no matter how perfectly it fits the foot. There are many ladies with a high instep and arched foot that can find no comfort in any other style of shoe. A conspicuously high heel, however, is not graceful or in good taste. A shoe to be

comfortable must be the shape of the foot and the size of it—no smaller, no *larger*. A shoe loose enough for the foot to slip around will cause “corns” just as surely as will a shoe that cramps the foot. If your foot is broad, flat and of low instep, wear “common-sense” shoes. If arched and high instep, a “Spanish arched” shoe is more comfortable. It is ridiculous to suppose that every woman can wear comfortably the style termed “common sense.” It is just as impossible as for the lady with a broad, flat, low instep foot to succeed in fitting her foot to the Spanish arched shoe. Then wear the style of shoe that fits you. If it be “common sense,” take comfort in the thought that, while your foot will not rank as being pretty, you

will be quoted as a sensible girl or woman. If it be a French shoe, while your foot receives all the admiration it should have, there may be times when your good taste and mental calibre will need defending.

## CHAPTER XI.

### AGREEABLE MANNERS.

AFTER the one grand golden rule, "Do unto others as we would that others should do unto us," which should always be our guide in our intercourse with humanity, there are some little "tricks of the trade" in the art of being agreeable.

In suggesting them, it may seem like advocating the broadest kind of deceit, yet in heeding them, results would be justification. When our little boats commence knocking against the projecting rocks of this world, the first thing we learn is, that to steer clear of them we must forget *ourselves*; that many times there is very close connection between an honest opinion

and rudeness; that where we intended to be frank and sincere, we have been cruelly blunt. We are soon taught if we would have our society sought for, it is necessary that our own personalities sink into oblivion. We soon learn the truth of the words, "Laugh, and the world laughs with you. Weep, and you weep alone." To be a success socially, you must be ever ready with a smile and with your sympathy for the woes of others, but never a hint that your own heart-aches seem more than you can endure. You must have no tears to shed, no ears to hear where others would wound, no heart to ache. Leaving the unpleasant things unsaid, never forget to say the pleasant, even if it verge on flattery. The human heart, in either men or

women, is touched by a compliment when a grain of truth is recognized. We can indignantly deny we are susceptible to flattery—but what is it Brutus says in speaking of Cæsar? “But when I tell him he hates flatterers, he says he does, being then most flattered.’

While open flattery may be coarse and ill bred, there are many delicate ways of giving a compliment, and when done in the right way it never fails to please. I have made the remark before in these pages that one of the arts in being “fascinating” consisted quite as much in being a good listener as a good talker. It is an accomplishment that comparatively few possess, and it requires so little effort.

Where is the man that is not

flattered by the rapt attention given to what he considers his words of wisdom? for, let me whisper it to you, men are much more susceptible to flattery than women. And the queer part of it is, they never look upon it as flattery—simply proper respect shown to their superiority. It is as sure an avenue to the heart as the one Owen Meredith suggests so musically in “Lucile.” If you can adroitly pay a man a compliment with just a shade of honesty in it, never neglect to do so. They do not object to hearing one that is not so very honest. If honest, it pleases them to know they are appreciated; if not, they congratulate themselves that they have imposed upon you. No matter how quickly they see through our little shams, it would

never do to let them know *theirs* are discovered.

It is hard to acknowledge it, but there *are* women addicted to little shams. They have a preconceived idea of what men like and admire, and they proceed to exert themselves to convince the eligible party he has at last met his ideal. When as a matter of fact men have no ideals, or if they have, they generally find themselves in love with some one entirely different. The most successful woman socially is the one perfectly free from false pride, false modesty, prudery, or affectation of any description. The only affectation allowable in making yourself agreeable to the "dear delightful" is not to let them know just how keen, bright and intelligent you really are. Be sparkling,

be cheery, be entertaining, but all the time acknowledge tacitly that you consider them the superior being, their judgment to be appealed to, and that you look to them for protection and guidance. Of course the proper thing for me to say is that it is our duty to elevate the standard of conversation and that we should strive to inspire respect for intellectual ability, etc., etc. It is a deplorable fact that women who would force recognition of their intellectual powers are never favorites in general society, on the contrary, pretty doll-faced women without an ounce of sense or brain quite as often attract men of brilliancy and position. It is hard to explain why it is so. It may rest them to loosen the tension of their own brain power, and

it is a part of man nature to extend sympathy and love to the women utterly incapable of taking care of themselves. Such women appeal to the protection that is in the makeup of every man. All they ask in return is that she be pretty, well dressed and agreeable. After a while they realize there is a nameless sort of disappointment creeping into their lives, but the wife is shielded from care, and her life is rose-colored to the end.

## CHAPTER XII.

### THE "GRANDE" AIR.

GENERALLY speaking, women are theoretical without being practical. They are superficial in their opinions, are apt to be severely critical or over-sympathetic, becoming extremists because they are not keen, practical observers of human nature. Through this they have the reputation of being harsh in passing judgment on their own sex. It is not because their nature is cruel, petty or uncharitable, but because one of the most important studies of life has been ignored.

Keeping the eyes open and the brain impressionable, making it a *memoranda*, is an education in

itself. Observation opens the gateways to everything that is noble, attainable and worth striving for. It gives one complete self-control, and a mastery over others. Self possession, the "grande" air so necessary to the elegant woman, is soonest acquired by this habit of attention. It teaches one to *say something* when talking, and gives the impression of reserved mental forces when silent.

To observe the most minute details in the every-day walks of life should be made as important a study and equally essential as is the alphabet. Attention is the key to success, and, if cultivated, the habit will soon become nature. It broadens the mind, makes one unselfish, noble, benevolent and *polished* in manner. What more

could one desire? It will hold its own against all standards of beauty.

Reluctantly I decide that "finis" should be added to the pages of this little book—to the book, and not to the subject. All that I have left unsaid I leave to the womanhood and heart of the reader to finish for me. If I have created even a slight interest, and awakened self appreciation in the reader, my object is accomplished.

## ANNEX.

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### RECIPES AND FORMULAS.

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Indorsed by all Leading Physicians.

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TO REMOVE TAN AND SUNBURN.—10 grains Borax, 2 oz. Lime Water, 1 oz. Oil of Jasmine, 1 oz. Oil of Almond.

CURE FOR SALLOWNESS.—Plenty of bathing, coarse bread, open air, sunshine.

ROUGHNESS OF THE SKIN.—1 oz. Spermaceti, 1 oz. White Wax, 1 oz. Oil of Sweet Almond, 1 oz. Oil of Olives, 1 oz. Oil of Poppies. Melt together and beat until cold and creamy.

HONEY PASTE.—1 oz. Spermaceti, 1 oz. White Wax, 1 oz. Olive Oil, 1 tablespoonful Honey. Melted and beaten to a cream.

GLYCERINE LOTION ("PEARL OF BEAUTY").—3 oz. Rose Water, 1 oz. Glycerine, 10 drops Carbolic Acid. A few drops in the palms of the hands rubbed over face, neck and hands in bathing *just before* using towel.

BENZOINE WASH.—1 tablespoonful Tincture Benzoin, 3 oz. Rose Water. To prevent sunburn, sponge off the face with it after being exposed, and before any water is used. It is said to prevent wrinkles, and has a tendency to bring the blood to the surface and impart a freshness to the lips and complexion.

A PASTE FOR REMOVING WRINKLES.—The White of 1 Egg, 1 tablespoonful of Honey, enough Ground Barley to make paste. Apply at night. Use mask.

ANOTHER.—1 oz. Woolfat, 1 oz. White Wax, 1 oz. Spermaceti, 1 oz. Olive Oil,  $\frac{1}{4}$  oz. Camphor Gum. Dissolve

Camphor in Oil and add other ingredients. Heat enough to dissolve only. Beat until cold.

FOR PIMPLES.—Any of the cream given will cure severe cases of surface pimples. The following is considered by many to be excellent for removing eruptions, though I have no personal knowledge of it: 1 oz. Sweet Almonds, 4 drachms Bitter Almonds, 10 fluid ounces Cherry Brandy, add 6 grains Corrosive Sublimate, 6 drachms Tincture Benzoine, 4 drachms Lemon Juice. Shake well before using, and apply with sponge. A lady tells me she removed freckles of years' standing, and certainly has an exquisite complexion now.

QUINCE SEED LOTION.—1 oz. Quince Seed, 2 oz. Alcohol, 4 oz. Rose Water, Juice of 2 Lemons (strained). Will remove tan and freckles. If too powerful, add Rose Water.

ANOTHER FRECKLE LOTION.—1 oz. Honey, 1 pint Warm Water.

ALSO EXCELLENT.—3 oz. Barley Water, 3 oz. Distilled Water of Bean Flowers, 3 oz. Spirits of Wine. Mix, and wash the face three times daily. Barley Water is made by boiling barley meal in water, about the same proportions as oat meal water, 5 oz. to a pint of water. Boil fifteen minutes.

CUCUMBER COLD CREAM.—1 oz. Almond Oil, 1 oz. Green Oil, 2 oz. Juice of Cucumbers, 1 oz. White Wax, 1 oz. Spermaceti, 2 oz. Essence of Cucumbers. Is fine for whitening the skin.

HAIR TONIC.—1 pint High Wine (Alcohol in its natural state, *before it is distilled*), 1 quart Water, 1 oz. Bear's Oil. Will prevent the hair falling out, and restore it to its natural luxuriance.

LEMON HAIR WASH.—1 oz. Salts of Tartar, 1 quart Water, Juice of 3 Lemons. An unequalled wash in bringing out the brightest hues and tints of the hair. The lemon juice cuts the alkali and makes an oil of it, while it retains its cleansing qualities. It is an elegant wash for blonde hair.

## **ANNEX.**

91

1 oz. Benzoated Lard,  $\frac{1}{2}$  oz. Almond Oil. Perfumed  
with Jockey Club and oil of orange makes a simple cream,  
and will cure severe cases of pimples.

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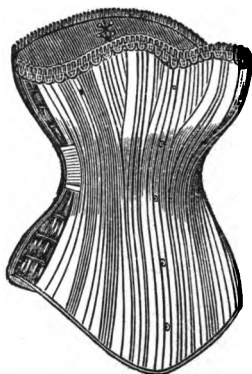


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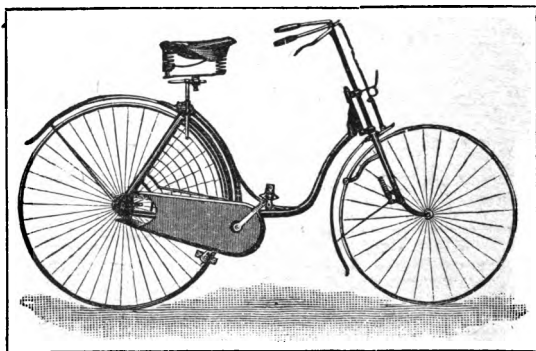
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